

Green Beans & Parmesan with Garlic

1 pound fresh green beans
1 large clove of garlic, crushed
1 tablespoon lemon juice
2 tablespoons Extra Virgin Olive Oil
1\4 cup Parmesan cheese, grated
Salt and pepper, to taste

Trim and remove (if necessary) the strings from the beans. Combine the beans with enough water to cover in a saucepan. Bring to a boil, reduce heat. Simmer, covered, for 6 – 8 minutes or until tender-crisp. Drain.

Plunge the beans into ice water; drain.

Heat olive oil in a skillet, add garlic and salt and pepper to taste. Sauté. Add the lemon juice and beans and mix well. Sauté until heated through.

Spoon onto a serving platter. Sprinkle with cheese.

The Fresh Market & Friends Cookbook
www.TheFreshMarket.com

Thin green beans, rather than fat mature ones, are best for sautéing.

The Webb City Farmers Market
Tuesday & Friday - 11 to 2
Saturday – 9 to noon